

# HIGHLIGHT ON 1,000 MILE SWIMMER

## Herb Benham

**Hometown:** Bakersfield, CA

**Began the 100 Mile Club:** 2011

**How long have you been swimming?** 5 years

**Why did you choose swimming as your exercise of choice?** It is a nice addition to the biking and lifting that I do.

**What were your first thoughts when you realized you reached the 1,000 mile stone?** It is about time.

**Committing to fitness is hard, how did you find time to work swimming into your schedule?** It is not hard, but a great way to start the morning.

**Did you see any results or changes in your lifestyle because of swimming?** I feel much better and I am probably in the best shape that I have been in in 30 years.

**What is your personal motto?** Get up in the dark.

**What is one unique thing people don't know about you?** Since I write for the paper, not very much.

**Is there any advice you would give someone who is interested in reaching their 100 mile goal to continue to 1000?** Keep showing up.

